

Bodybuilding - Pre-Contest Diet

6:00 am Cardio

7:00 am Protein shake
1 cup plain white rice

8:00 am 1 packet oatmeal
8 egg whites

10:30 am 6 oz flank steak
1/2 small potato

1:00 pm 6 oz chicken breast
1/2 small potato

3:30 pm 6 oz chicken breast
1/2 small potato

6:30 pm Train

8:30 pm Protein shake

9:30 pm 4 oz chicken breast
1 cup broccoli

11:00 pm Protein shake

11:30 pm Bed

As the contest approaches, the amount of carbohydrates slowly decreases, leading up to complete carbohydrate depletion followed by carbohydrate loading. Water remains constant at two gallons per day. All condiments are cut out during the pre-contest diet.

Train with Desire, Desire to be better tomorrow than you are today!



Connie

Bodybuilding Supplementation – Pre-Contest

Bodybuilding supplementation is **extremely important**. Although it can become costly, the following are necessities:

Meal Replacement Shakes
Protein shakes
Vitamins & Minerals (multi-)
Vitamin C
BCAAs
FFAAs
Creatine
Glutamine
Pro-Amino Plus

Meal replacement shakes (I recommend Myoplex Plus by EAS) should be used as smaller meals in between larger ones. The nutrients and protein are much needed during training as well as the calories, but remember, nothing is better than food.

Protein shakes (I recommend finding one you like the taste of and has good composition) should be used for muscle recuperation; digested immediately after training and before bedtime.

A Multi vitamin and mineral and vitamin C (I recommend 1500mg Vitamin C) should all be taken twice a day: following the first meal and following the last meal. Branched chain amino acids and free form amino acids should be taken immediately after training for increased muscle recuperation, etc.

Creatine (**I don't use or recommend it**, but some people love it) should be taken a half-hour before training and once again immediately after training for increased creatine absorption. Glutamine should be taken after training and before bedtime. Because it is an amino acid, the purpose is once again for muscle recuperation.

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Connie